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DUTCH BRAZIL DOMINANT, BRILLIANT

HOLLAND AND HOSTS WIN THEIR GROUPS — AND AVOID EACH OTHER IN THE NEXT ROUND — EN ROUTE TO THE KNOCKOUT STAGE, WHILE MEXICO ADVANCES WITH WIN OVER CROATIA AND CHILE QUALIFIES DESPITE LOSS PAGE 12

Seven-year prison term for journalist

Family of Egyptian-Canadian Mohamed Fahmy is stunned by his sentence for terrorism-related charges PAGE 3

Get sad, get mad, get famous

R&B singer-songwriter Banks attributes her artistic success to the turmoil of her teenage years PAGE 7

Excuse me, which way to the beach?

Health and fitness experts weigh in on what to do for a respectable beach body in four weeks PAGE 9

NEWS WORTH SHARING.

REV UP THAT FEZ

It's an exceptional vehicle, rolling across Canada for an exceptional cause. Don McDougall of the Saskatchewan Shriners and Emmanuelle Rondeau, communications and marketing manager with Shriners Hospitals for Children in Montreal, joined a celebration in Regina at the Saskatchewan Legislative Building as the charitable organization's Exceptional Care Odyssey pulled into the city. The 66-day trip from the Atlantic to the Pacific is being made by a Ford Explorer, dressed up as a Shriner's fez complete with tassel, to promote and celebrate the organization's pediatric care to patients from across the country. The Odyssey will visit Saskatoon on Tuesday. ROSS ROMANIUK/METRO IN REGINA

Wanted in Sask.: Death detective

Vacancy since 2013.

Province facing challenge in efforts to recruit second forensic pathologist

The province is struggling to recruit a second forensic pathologist to take some of the workload from Saskatchewan's only person holding that position.

Based in Saskatoon, Dr. Shaun Ladham is Saskatchewan's first and only forensic pathologist probing sudden and unnatural deaths. This means that bodies have to be transported to Saskatoon if they require forensic examination.

"It's certainly inconvenient," chief coroner Kent Stewart told Metro, "but ... we have someone with the best skill and knowledge, and it also depends on scheduling."

The province had another forensic pathologist based in Regina, but that person left the job last year.

"We've been recruiting for an additional one in Regina since 2013, but it's a very difficult position to fill for a number of reasons," Stewart said.

According to Stewart, Canada has a significant shortage of qualified forensic pathologists. And Saskatchewan has to compete with larger jurisdictions that could offer different lifestyles and more varied cases.

Alberta has 10 forensic pathologists based in Calgary and Edmonton, according to a government spokeswoman.

"They have state-of-the-art facilities, too," Stewart said. "And those are certainly very attractive."

Unlike Saskatchewan, Alberta follows the medical examiner (ME) system in which death investigations are conducted by physicians trained in forensic pathology. Manitoba, Nova Scotia and Newfoundland and Labrador also use the ME system.

Saskatchewan, on the other hand, uses a system in which the forensic pathologist assists a coroner. The coroner is not required to be a physician, but generally has a legal, medical or investigative background.

All other Canadian provinces and territories also run on the coroner system.

Ladham works on about 200 to 250 cases a year, Stewart added, noting that only a small number are homicides.

The availability of only one pathologist has not been a significant problem for RCMP, spokesman Sgt. Craig Cleary said, adding that "we haven't experienced any unusual delays that affected any of our investigations."

Despite the challenge, Stewart said, his office will continue to try to find the right candidate.

"It's tough," he said, "but I know there's somebody out there."

SARAH TAGUIAM/METRO IN REGINA

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Missing pig

Carcass used to track drowning victims disappears, but data not lost

A pig carcass that was dropped into the South Saskatchewan River to help police track drowning victims is missing, but the data is not lost.

The RCMP attached a tracking device to the carcass and put it in the river in February to monitor its movements and flow rates of the river. They were trying to determine how far and how quickly a body could travel in the water.

RCMP say the pig carcass stayed at the river bottom until May 25, then started moving — a signal from the tracking device was picked up about 190 kilometres downstream from Saskatoon on June 8.

The tracking equipment and temperature probe were found last week, but police think scavengers in the remote area took the carcass.

Mounties say data from the equipment is still being collected, which may make it easier to find people who are presumed drowned.

THE CANADIAN PRESS

Beaver River

Two bodies found in submerged pickup truck

RCMP have confirmed that two bodies are in a truck they suspect drove off a bridge on Highway 165 over northern Saskatchewan's Beaver River on Saturday morning.

Officers had received a complaint about a possible impaired driver speeding in a truck through the community of Beauval on Saturday.

Mounties found debris and vehicle parts on the bridge near the town. Using underwater cameras, RCMP identified an object resembling a truck at the bottom of the river on Sunday. On Monday, police confirmed the presence of the bodies inside it. METRO

Fans get pumped up for Corner Gas: The Movie

And ... action!
Kickstarter campaign to promote fan engagement raised nearly three times its $100K goal

Premiere

Corner Gas: The Movie is set to premiere on Nov. 27 at Cineplex theatres across Canada before airing on The Movie Network, CTV and The Comedy Network.

Filming of Corner Gas: The Movie, based on the hit CTV comedy series, began Sunday in Regina and Rouleau, Sask.

"It's been fantastic," executive producer Virginia Thompson said at a set location outside the Ukrainian Hall in Regina on Monday.

"You always have the nerves when you start, but it's kind of been like putting on an old, comfortable shoe."

The film reunites all eight original stars, including Brent Butt, Gabrielle Miller, Eric Peterson and Nancy Robertson.

Guest stars include Graham Greene of Dances With Wolves, Reagan Pasternak of Being Erica and Will Sasso of MADtv.

But while the show's original cast members are back, Thompson said fans should expect a lot of "different things" in the film.

"The town of Dog River is in trouble ... and that's never happened before in Corner Gas," Thompson said.

The movie picks up five years after the show left off, with the group from Dog River rallying to save the town from a devious corporate giant.

A recent Kickstarter campaign promoting Corner Gas fan engagement raised $285,840, nearly three times its $100,000 goal.

According to Thompson, the first $100,000 will go toward fan rewards such as a private premiere, autographed photographs and T-shirts. Fans will also get a chance to be in the movie as extras.

The film has an $8.5-million budget including funds from Bell Media, Telefilm Canada, Tourism Canada and Tourism Saskatchewan.

THE CANADIAN PRESS

Executive producer Virginia Thompson, on set outside the Ukrainian Hall in Regina on Monday, says the Corner Gas film will be different from the television series. All the sitcom's stars, inset, have reunited for the movie.

SARAH TAGUIAM/METRO; INSET: THE CANADIAN PRESS/COURTESY BELL MEDIA

Woman admits to stabbing infant son

An Alberta woman has pleaded guilty to the attempted murder of her infant son during a custody dispute.

The woman was facing the first day of a week-long trial when she entered the plea.

She was 21 and living with her five-month-old baby in Warman, Sask., when she stabbed him on May 11, 2011.

Court heard it happened when the child's father came to the woman's home with RCMP to serve an interim custody order.

A brief summary of facts read in court says the mother stabbed the boy in the head before slashing her own throat in a suicide attempt.

The Crown said the woman intended to kill her child so they would be together after death.

The child survived, prosecutor Sheryl Fillo told court, but he has permanent brain damage and is not functioning at the level that a three-year-old child should be.

The woman's name cannot be published to protect the identity of her son.

She was granted bail on July 21, 2011, and moved to Edmonton, where she married. Her lawyer told the court that the couple does not have children and requested that his client remain out on bail until her sentencing hearing in September.

Court of Queen's Bench Justice Murray Acton agreed to continue her release as long as she abides by conditions that include having no contact with children under the age of 12 and no contact with her son or his family.

She also must attend all mental-health appointments.

THE CANADIAN PRESS/CKOM

Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help.'
Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation

RUTH DAVENPORT
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age … is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-destruction.

Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

"I did try to seek help, and (child welfare) did send someone … but it took two weeks for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more … people that are there to feel sorry for her than want to really get down to the issues."

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."
Mother of alleged teen prostitution victim

Egyptian-Canadian journalist gets shocking 7-year sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week … he was extremely optimistic."

To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

Journalist Mohamed Fahmy sits in the defendant's cage in Cairo, Egypt, Monday. AHMED ABD EL LATIF/EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

All three were accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president Mohammed Morsi, which Egypt's government has branded a terrorist organization.

Fahmy — whose family moved to Canada in 1991 — lived in Montreal and Vancouver for years before eventually moving abroad for work, which included covering stories for the New York Times and CNN.

His family has previously praised the Canadian government, saying it had been working diplomatic channels to help win his release.

After Monday's verdict, however, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president … call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

"Canada calls on the Egyptian government to protect the rights of all individuals, including journalists, in keeping with the spirit of Egypt's new constitution and the desire of all Egyptians to build a fully democratic country," Lynne Yelich, junior minister responsible for consular affairs, said in a news release.

THE CANADIAN PRESS

Seeing red in Ottawa

Gov. Gen. David Johnston stops to speak with a soldier as he inspects the Ceremonial Guard at Rideau Hall Monday in Ottawa.
ADRIAN WYLD/THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

Heckler apologizes for sexist comments

Hooting and hollering. Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed by laughter and more heckling, including, "She must be single" and "Can't you even have babies?''

Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage and having fewer children," he said.

"But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues of opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly.

THE ASSOCIATED PRESS

Mothers should get paid leave, Obama says

President Barack Obama said Monday that the United States should join the rest of the industrialized world and offer paid leave for mothers of newborns.

"Many women can't even get a paid day off to give birth — now that's a pretty low bar," Obama said at the White House Summit on Working Families. "That, we should be able to take care of."

The president is talking about paid maternity in the midst of a midterm election campaign focused on women voters, raising questions about how he would fund such a system.

"If France can figure this out, we can figure this out," Obama said.

While some companies offer paid family leave to attract workers, the 1993 Family Medical Leave Act only requires that employers provide unpaid leave for medical and family reasons.

Obama praised California, Rhode Island and New Jersey for creating a state benefit. But he has not endorsed legislation that would create a similar national system funded by a payroll tax, and he pledged in his 2008 presidential campaign not to raise taxes on families making under $250,000 a year.

Rep. Rosa DeLauro, D-Conn., has introduced legislation that would provide up to 12 weeks of paid leave through a fund in the Social Security Administration, paid for by contributions from employees and employers of 0.2 per cent of wages.

She said she has personally encouraged the president to back it and hopes he will, despite his tax pledge.

"We're talking about 2 cents of every $10," she said in an interview at the summit. She said without such a fund, eight out of 10 workers can't take advantage of their right for family leave because they can't afford it.

THE ASSOCIATED PRESS

Quoted

"Many women can't even get a paid day off to give birth — now that's a pretty low bar."

President Barack Obama on his views about paid maternity leave

CNSC proposes radiation-fighting pills for accidents

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes. The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population. Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution ... will be made" within the 10 kilometre zone. THE CANADIAN PRESS

Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

Geneva. World's largest atom smasher gearing up for its 2nd three-year run

The Large Hadron Collider, which was used to discover a long-theorized subatomic particle, is designed to push the proton beam close to the speed of light, whizzing 11,000 times a second around a 17-mile (27-kilometre) tunnel on the Swiss-French border near Geneva.

The world's top particle physics lab known by its French acronym CERN said Monday that the $10 billion collider is being improved and is on track to resume early next year at double its former energy level.

Once it restarts, two beams will be fired again within the collider at the same time in opposite directions with the aim of re-creating conditions a split second after the Big Bang, which scientists theorize was the massive explosion that created the universe.

THE ASSOCIATED PRESS

Alaska

Delivery, North Pole style

A flooded creek was not enough to keep an Alaska restaurant owner from delivering Thai ribs and fried rice to stranded customers over the weekend. Anuson "Knott" Poolsawat, owner of Knott's Take Out in North Pole, forded the swollen waters of Clear Creek to reach two customers stuck along the Richardson Highway. THE ASSOCIATED PRESS

Planet Earth

The world breaks heat record

Driven by exceptionally warm ocean waters, Earth smashed a record for heat in May and is likely to keep on breaking high temperature marks, U.S. experts say.

The National Oceanic and Atmospheric Administration Monday said May's average temperature on Earth of 15 C beat the old record set four years ago.

THE ASSOCIATED PRESS

Take this Ringly as a sign of my love for my phone?

Commitment. For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring

In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

The first wearable tech-smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18-karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercando tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

The ring sends an alert if the wearer strays too far from her smartphone. Is this made for the forgetful and absent-minded?

Nowadays we have to worry about so many things: wallets, keys, metrocards and phones. There have been many occasions when I leave the house without my phone so we decided to build in a feature that would solve this as well. The range of connection to your phone is around 20 feet, and if you walk too far away from your phone or leave it behind Ringly will notify you that you are out of range.

Do you not think that a ring that lights up and vibrates could be distracting?

We wanted to make the technology as discreet as possible, so when your Ringly is sending you a notification through vibrations and light, only the wearer notices because it's so subtle. I've been out many times wearing my Ringly and I'll receive a notification, and no one notices but myself. I like to refer to it as glanceable UI — you can glance at it and know what's going on, but it's unobtrusive.

METRO WORLD NEWS

Not three-months salary

$260

Ringly rings cost anywhere from $145 US for early online orders, to $260 retail for the emerald ring.

Germany. Robot 'Ray' is the valet of the future

Parking robot "Ray" transports a car in Germany Monday. THE ASSOCIATED PRESS

Got a plane to catch and don't feel like hunting for parking?

Travellers at Dusseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

Thomas Koetter says all travellers need to do is leave their car in a designated area, and confirm it's empty and ready to go.

Then Ray or one of its cybernetic colleagues will take the car to one of 249 parking spaces reserved for robots.

Koetter says the forklift-like machine can carry any standard car weighing up to 3.31 tons and is fully insured.

He says the service, costing $39.43 US a day, targets busy business travellers, but is open to anyone.

THE ASSOCIATED PRESS

Made by Takata

Defective airbag recall spreads across America

A recall of defective airbags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their airbag inflators could rupture. If that happens, the airbags might not work properly in a crash, and shards from the ruptured system could fly out and cause injury. In each case, the airbags are made by Japanese supplier Takata.

The government opened an investigation this month after getting six reports of airbags rupturing. It estimates 1.1 million vehicles in the U.S. could be affected.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.23¢ (+0.22¢)

TSX 15,105.63 (-3.34)

OIL $106.17 US (-$0.66)

GOLD $1,318.40 US (+$1.80)

Natural gas: $4.44 US (-$0.08)
Dow Jones: 16,937.26 (-9.82)

Is your transit route changing?

Check your route. Changes begin on June 29.

Saskatoon Transit is constantly evaluating our services to ensure we are providing customers with the most efficient and convenient access possible.

This year, we have made significant updates to existing routes and have introduced several new routes to improve the service we offer.

Check your route at Saskatoon.ca or call us at (306) 975-3100.

SASKATOON transit

SORRY, PANTENE, I'M NOT BUYING IT

SHE SAYS

Jessica Napier
metronews.ca

Pantene wants women to stop saying "sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with Pro V antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud of our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin, but they're also trying to cash in on our insecurities. We buy hairspray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

#thisisnotwhatfeminismlookslike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

ZOOM

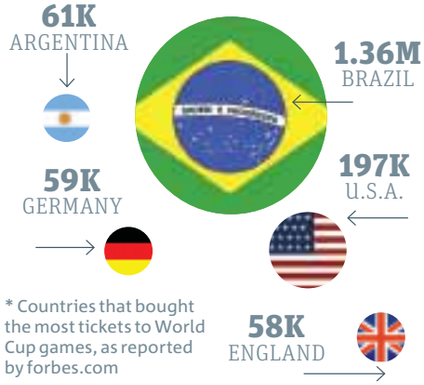
Futbol and fancy dress

ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED

GETTY IMAGES

While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



* Countries that bought the most tickets to World Cup games, as reported by forbes.com

Least hooligan-y

- Japanese fans scored top points at this World Cup from the cleanup crew, after tidying up after themselves and leaving stands immaculate.

Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by The White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

METRO AUGMENTED REALITY

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METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 7 in Scene and page 12 in Sports

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

metro AR

The man who runs with bees

ANDREW FIFIELD
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Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)

SCREENGRAB

metro

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How Banks found salvation in dark R&B

Musical catharsis. Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT
Metro World News in London

Banks' debut album, out in September, is called Goddess. GETTY IMAGES

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album Goddess drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat.

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling.

"And all of a sudden all of these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B.

Her writing is an emotional confessional, apt from an artist who has a bachelor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release Before I Ever Met You to be dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song.

But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated Before I Ever Met You as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie Divergent.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him [Zane Lowe]," Banks gushes.

The singer is far from being some boastful upstart; she's timid and borderline fragile.

Like all artists, she needs the support of her fans, but in her case, it sounds more like a desire for emotional support, constantly referring to "connecting to people".

It's a phrase that can read hollow and insincerely earnest; however, for Banks, music is a medium for honest emotion.

"When you hear a voice that's singing something that sounds like they had to sing in order to get up, that's real art," the songstress opines.

Tortured artist? Perhaps. She's certainly handled and branded with a delicacy rarely seen for a performer who's only released a handful of EPs.

The marketing has been a slow, perfectly planned inception: a brilliantly played paradox of hype and mystery. Banks has only relatively recently joined Instagram, while her management handle her Twitter and Facebook accounts, the latter of which still lists her phone number.

"I just didn't feel natural tweeting and I wanted to do something that felt like me," she explains. She answers, too, although admits it's difficult these days to stay on top of the texts and calls.

Her intangibility has seen Banks craft a persona as the high priestess of dark pop. She has the goth-girl qualities of Lorde, with the fatalism of Lana Del Rey and the emotional complexity of actress Veronica Lake.

It's a guise that sees her fans flock to her shows where — dressed in draped monastic all-black capes and enshrouded by smoke — she delivers her song-like sermons to her disciples.

"You're all goddesses," she rasps during a performance in London to the hypnotic gaze of her followers.

Indeed, performance in front of her disciples is the validation for the enchantress, but not her lifeblood.

"The writing is what I need to survive mentally, it's my water."

Quoted

"I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling."

Banks, R&B singer-songwriter

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song Waiting Game.

metro AR

→ See the full instructions on Metro's Voices page.

DVD reviews

Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Mélanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to Enemy, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in Enemy, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

Blood Ties

Director. Guillaume Canet

Stars. Clive Owen, Marion Cotillard

Good cop/bad con brothers in 1974 Brooklyn (played by Billy Crudup and Clive Owen) clash well, but Blood Ties essentially offers the same old, same old story of family friction. It's co-written by James Gray with director Guillaume Canet (who co-starred in the 2008 French original, Les Liens du sang). Marion Cotillard, James Caan, Lili Taylor and Zoë Saldana help crowd the cast of this cluttered tale, which wisely has 17 minutes trimmed from the overlong 144 of its Cannes 2013 bow.

PETER HOWELL

Lindsay Lohan GETTY IMAGES

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

Matthew McConaughey GETTY IMAGES

Too many bucks to get Matthew back in the buff?

Yes, there will be a Magic Mike sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells Dish Nation. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB
Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film The Interview, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11, and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans.

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

Cobain's kin thinks Del Rey's dying wishes aren't doing her any good

Whether or not Lana Del Rey actually thinks it's cool for singers to die young, she told The Guardian that's what she thinks, so it's out there to stay. You know who definitely doesn't think it's cool for singers to die young? Frances Bean Cobain, that's who. The daughter of Courtney Love and Kurt Cobain — the latter of whom died two decades ago at the age of 27, before Frances Bean was even two — took to Twitter to share her thoughts on the matter.

"I'll never know my father because he died young & it becomes a desirable feat because ppl like u think it's 'cool'" she tweeted at Lana Del Rey. "Well, it's f—ing not. Embrace life, because u only get one life. The ppl u mentioned wasted that life. Don't be 1 of those ppl."

Cue the Lana Del Rey supporters, who then accused FBC of attacking LDR. (Can we get these initials-as-nicknames thing to stick?) But Frances was quick to say that she is also a supporter, since, duh, she doesn't want Lana Del Rey to die young.

"I told her to not waste her life. How is that attacking," she posted.

Frances Bean Cobain TWITTER

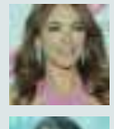
Dancing with the suitors: JLo appears to be getting jiggy with new man

Jennifer Lopez and Dancing with the Stars pro Maksim Chmerkovskiy aren't doing much to dispel rumours that they've recently started dating, if their recent night out at Connecticut's Foxwoods Casino following one of Lopez's concerts is any indication. "Maks was whispering into her ear and hugging her. They looked very flirty together," a source tells Us Weekly of the pair's time spent in the VIP area of the casino's Shrine nightclub. "She had a huge smile on her face and looked like she was having a great time."

Jennifer Lopez GETTY IMAGES

Twitter

@KevinHart4real
Ladies my new nickname is "Bam Bam" and "The BULDGE" you know why if you saw "Think Like A Man Too" this past weekend!!! Lmfao



@ElizabethHurley
Just picked the perfect English rose on a perfect English day

@therealroseanne
leftys and rightys r both wrong.

A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's $$$, but when you can, buy organic

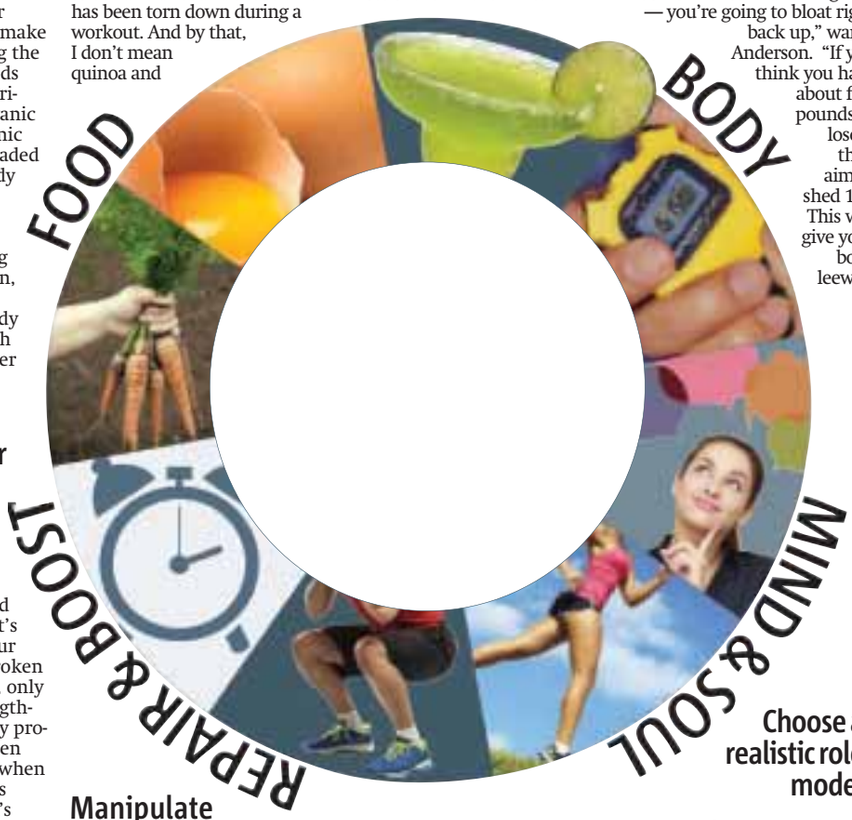
You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of Total Body Transformation, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.

In case of injury

Your summer first-aid kit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

School's out this week, and family vacations are on the calendar. Canadian families need to be prepared for any medical emergencies.

To help prepare, in the summer issue of Best Health we asked a nurse what she keeps in her own first-aid kit. Here's what Caitlin Mason, a thoracic nurse at the Victoria General Hospital in Halifax, typically has on hand.

1. BANDAGES. Always have a variety of sizes, says Mason.

2. TWEEZERS. These are a great tool for splinter removal.

3. DISPOSABLE LATEX GLOVES. They'll keep you and the person you're assisting safe from bodily fluids.

4. INSTANT ICE PACKS. These are convenient temporary relief for swelling or sports injuries.

5. HAND SANITIZER. If you don't have soap and water handy, this offers a quick cleanse until you can properly wash your hands.

6. SALINE SOLUTION OR ANTISEPTIC. You'll need this to clean out cuts and scrapes.

7. ASPIRIN. This helps relieve mild pain and inflammation.

8. BENADRYL, OR ANY ANTI-HISTAMINE. It will treat some allergic reactions.

PLUS Gauze and adhesive tape to dress wounds (and scissors for cutting the gauze and tape); and a tensor bandage for sprains.

Mason also recommends keeping your first-aid kit stocked with a CPR mask to protect yourself from bodily fluids during mouth-to-mouth resuscitation.

You can get these at your local St. John Ambulance and at some drugstores.

We found a couple of natural remedies as options, too: Medical-grade manuka honey is a natural antibacterial and anti-inflammatory; it has been shown in a small study to reduce healing time by 40 days compared to conventional wound treatment.

And arnica cream is really good for bruising and swelling.

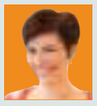
Of course, always seek immediate professional medical care in emergencies.

FOR MORE ARTICLES, RECIPES AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Sweeten soup pot for red lentil day

Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.

Some of the more common varieties include:

• **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.

• **Green lentils:** Firm, larger pods great for cold salads.

• **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe makes four servings. THERESA ALBERT

FLASH FOOD

From your fridge to your table in 30 minutes or less

You can feed a family of four for under $2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Baked fries get a kick from orange curry dip

As kids grow, their willingness to try a variety of flavours grows, too. But kids' and teens' palates, can be easily overwhelmed, so pairing known foods with newer tastes is the way to go.

This orange citrus and curry dip has a subtle flavour kick that will introduce young eaters to the sweet-savoury combination in a familiar way — after all, most kids won't turn down French fries.

A mildly sweet orange dip with just a hint of curry is the perfect dipper for oven-crisp sweet potato fries. This dip is also great with cut-up veggies and crackers!

Directions

1. Peel and cut sweet potatoes into 1/2-inch (1 cm) thick slices. Toss with oil, salt and pepper.

2. Bake on two parchment-paper-lined baking sheets on bottom and middle racks of 425 F (220 C) oven, switching and rotating sheets and tossing once, until tender and edges are browned and crisp, 30 to 35 minutes.

Ingredients

Potatoes
- 3 large sweet potatoes
- 1 tbsp. olive oil
- Pinch each salt and pepper

Dip
- 1/3 cup light mayonnaise
- 1/3 cup sour cream
- 4 tsp Minute Maid Frozen Original 100% Orange Juice concentrate
- 3/4 tsp curry powder
- Pinch each salt and pepper (to taste)

Orange Curry Dip

1. Meanwhile, in bowl, whisk together mayonnaise, sour cream, Minute Maid Frozen Original 100% Orange Juice concentrate, curry powder, salt and pepper until smooth. Serve with fries.

NEWS CANADA/MINUTE MAID

This recipe makes four servings. NEWS CANADA

New bench boss

Desjardins picked Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canuck teammates.

"I think Pittsburgh has great players as well, but I like the package here," said Desjardins at a news conference Monday after his appointment as the 18th coach in Vancouver's history was announced.

It's the first NHL head coaching job for Desjardins, a 57-year-old native of the tiny village of Climax, Sask., who most recently led the AHL's Texas Stars to a Calder Cup championship.

THE CANADIAN PRESS

Six inductees

Hasek, Forsberg, Modano, Blake in Hall of Fame class

Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake, Pat Burns and Bill McCreary have been selected as the Hockey Hall of Fame's induction class of 2014.

In total, this group includes six Stanley Cups for five different NHL franchises and three Olympic gold medals for three different countries.

Hasek will be the first Czech player inducted when this class is honoured Nov. 17 in Toronto,

Burns will be posthumously inducted as a builder four years after his death at the age of 58.

THE CANADIAN PRESS

Staying put in Montreal

"I'd like to stay for the rest of my career. I've never known (free agency), but it doesn't matter."

Andrei Markov agreed to terms on a $17.25-million US, three-year contract extension with the Canadiens — the only team he has played for in his NHL career — on Monday.

Roughriders quarterback Darian Durant will no longer have the ability to hand the ball off to Kory Sheets after the latter left the Grey Cup champions in the off-season for the NFL. GETTY IMAGES FILE

Questions abound as CFL kicks off

Five things to watch.
Changes lead to intrigue heading into the 2014 season

The CFL has a new franchise in Ottawa, a new TV deal and labour peace with its players for five years, as it prepares to get the 2014 season underway. This year's Grey Cup returns to BC Place, after the Saskatchewan Roughriders won it at home in 2013. Big changes have happened throughout the league and here are five storylines to watch this season:

Ottawa Redblacks — An expansion franchise that can win? Well, maybe. Ottawa decided to use its expansion draft power and free agency to nab a core of experienced players led by last year's losing Grey Cup quarterback, Henry Burris. They also signed former Winnipeg defensive back Jovon Johnson, the CFL's outstanding defensive player in 2011.

Rookie quarterbacks — Drew Willy for Winnipeg, Zach Collaros in Hamilton and Troy Smith in Montreal, will be going into this CFL season as starting quarterbacks. Willy and Collaros were both backups elsewhere last season and Smith was signed by Montreal and helped the Alouettes into the playoffs when Anthony Calvillo was injured.

Zach Collaros THE CANADIAN PRESS

Who throws in Calgary? — Bo Levi Mitchell was announced as the starter on Monday, relegating Drew Tate to the backup role. Mitchell went 3-0 subbing last season, although Calgary also relied on now-departed veteran Kevin Glenn to get them to the West final.

Sheetless in Saskatchewan — Quarterback Darian Durant is back with a hefty three-year deal but when he wants to move the ball this season he'll be missing some familiar faces and sure hands. Kory Sheets, the running back who contributed a Grey-Cup-record 197 rushing yards and two touchdowns to the Roughriders' win is now in the NFL as is all-star receiver Weston Dressler to the NFL. Dressler. The blessed Riders still have native son Chris Getzlaf and import Taj Smith in the 1,000-yard-plus club.

Heartbreakers or playmakers — Both the Winnipeg Blue Bombers and Edmonton Eskimos are in major retool mode. Again. They have new coaching staffs (Winnipeg also changed GM and team president since last season) and are looking to get back to the form that historically made the franchises into two of the strongest in the league. Last season the Bombers finished in the CFL cellar at 3-15 and the Eskimos only slightly better at 4-14.

THE CANADIAN PRESS

Week 1

The Blue Bombers and Argonauts will kick off the regular season Thursday night at Winnipeg's Investor Group Field.

- That weekend, the Alouettes will visit the Stampeders and Lions will host the Eskimos on Saturday. On Sunday, the Roughriders will welcome the Tiger-Cats in Regina.

4 SPORTS

Scan the image with the Metro News app for additional photos from Monday's matches

Substitutes give Dutch group win

Van Gaal's touch. Benchers Fer and Depay score in 2-0 win over Chile to put Holland atop Group B

Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their group B World Cup soccer match at the Itaquerao Stadium in Sao Paulo, Brazil, Monday. FELIPE DANA/THE ASSOCIATED PRESS

Two substitutes, two goals.

It seems Netherlands coach Louis van Gaal can do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay.

"We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no answer at the Itaquerao Stadium, especially not without midfielder Arturo Vidal, who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

Juventus star Vidal had knee surgery before the tournament and had a sore Achilles tendon but said a day before the match he felt fit and ready to play.

Both teams had already advanced to the second round, but Chile's first loss of the tournament consigned it to second place in Group B.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

Dutch stand-in captain Robben said that after three wins out of three, the Dutch squad is hungry for more.

"We can enjoy this fantastic performance, but it must not stop here," he said.

THE ASSOCIATED PRESS

Group B

Netherlands	Chile
2	0

Leading scorer. Neymar's pair of goals help Brazil tame Cameroon Lions

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

He opened the scoring off a low cross by midfielder Luiz Gustavo in the 17th, deftly side-footing the ball home from close range, then restored the lead with a low right-foot strike from the top of the penalty area in the 35th after a pass by left back Marcelo.

Satisfied

"If I'm not mistaken, this is our best game yet."

Brazilian superstar Neymar

"If I'm not mistaken, this is our best game yet," Neymar said. "Everyone deserves congratulations for their efforts until the end."

Fred found the net in the 49th and the substitute Fernandinho struck in the 84th.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference. THE ASSOCIATED PRESS

Moving on. Mexico beats Croatia 3-1 and secures its second-round spot

Mexico surged into the World Cup's knockout stage for a sixth straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia side to elimination.

The Croats had to win to advance and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico entered the game needing only a draw, and looked dangerous in attack, but was kept out until the three-goal burst. THE ASSOCIATED PRESS

Mexico's Andres Guardado
GETTY IMAGES

Gay slur chants

Watchdog chides FIFA for not punishing Mexico

A monitoring group has challenged FIFA to show leadership in tackling discrimination after the sport's world governing body dropped an investigation of Mexico fans chanting an alleged gay slur.

FIFA's disciplinary panel ruled Monday that the chant heard during Mexico vs. Cameroon on June 13 "is not considered insulting in this specific context."

Closing that case ended potential FIFA action against Brazil's football federation after fans exchanged the same chant during the host nation's game against Mexico last Tuesday.

Fare, which monitors discrimination at matches, said the ruling contradicted expert opinion and FIFA President Sepp Blatter's pledge to use the World Cup to fight discrimination.

"A genuine zero-tolerance approach to all forms of discrimination will mean that FIFA will need to take some difficult decisions," Claudia Krobitzsch, Fare programs coordinator said in a statement.

THE ASSOCIATED PRESS

Spain bids farewell with pride

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in its last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance, put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"We stepped up against Australia and won this match, and I'm happy to have participated in the first goal," said the 32-year-old Villa, who has called time on his international career. "It's sad because we would have liked to have spent more time here, but that's how it is."

Iniesta was at the heart of the second goal, too, providing the pass for Fernando Torres to steer the ball past Australia goalkeeper Mat Ryan in the 69th minute.

Juan Mata, who replaced an emotional Villa early in the second half, added the third in the 82nd from close range, stroking the ball under Ryan after he was found in space by fellow substitute Cesc Fabregas.

THE ASSOCIATED PRESS

Heads held high

"We went out with dignity."

Spain's coach Vicente del Bosque

Spain's Andres Iniesta
GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

♉ Taurus
April 21 - May 21
If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

♊ Gemini
May 22 - June 21
The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

♋ Cancer
June 22 - July 23
Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

♌ Leo
July 24 - Aug. 23
Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

♍ Virgo
Aug. 24 - Sept. 23
You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

♎ Libra
Sept. 24 - Oct. 23
The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

♏ Scorpio
Oct. 24 - Nov. 22
You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

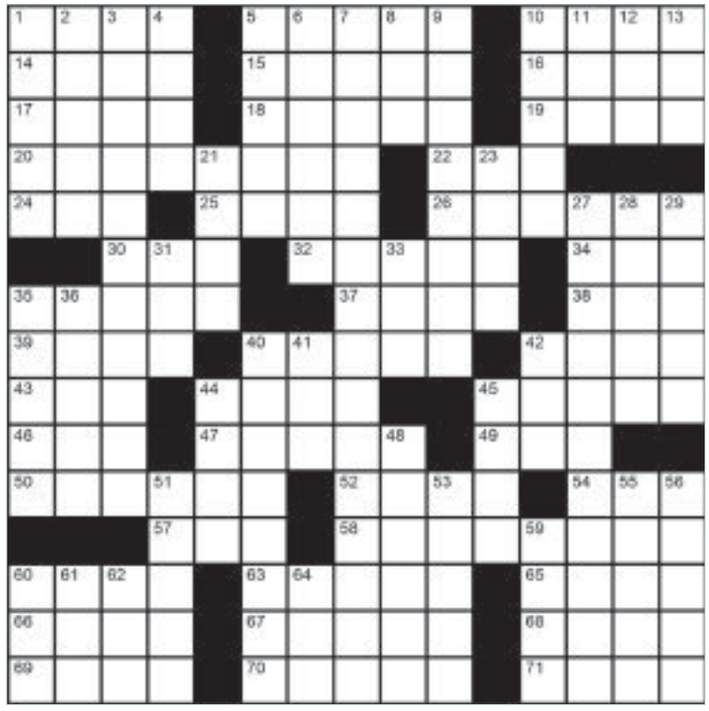
♓ Pisces
Feb. 20 - March 20
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's ___-way street."
15. Royal __ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. __ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, __ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: __ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"
57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French
66. Count __ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

Down

1. Venemous snake, Black __
2. "Cut ___!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative
9. CASL = Canada's __-__ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence __ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam __, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges __ (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for __ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
					4			3
			9	3		8	2	
2	5					7		

Yesterday's Sudoku

7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

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